

Frederick County Child Health Partnership Minutes

Date: July 24, 2008

Location: Maryland Cooperative Extension Office, 330 Montevue Lane, Frederick, MD

Attendees: Jackie Douge, Rick Glover, Christa Williams, Tom Werner, Marylou Stone, Angie Blair, Barbara Brittain, Linnette Wallace

1- Updates

- Jackie shared the Board of County Commissioners Proclamation for May is National Physical Fitness and Sports Month. The Partnership was mentioned in the Proclamation.
- FCCHP was awarded a \$2700 grant from State Farm to develop a resource toolkit on childhood obesity for pediatricians. We would use a model developed by Maine Let's Go. They use the 5,2,1,0 message. 5 is for eating 5 or more fruits and vegetables; 2 is for not watching TV or playing video games for more than 2 hrs/ day; 1 is for exercising for at least 1 hr/day and 0 is for not drinking sodas or sugary drinks.

2- New Items

- Jackie discussed two new grant opportunities: Rotary Club and Kaiser Grant. Jackie suggested pursuing Rotary Club grant to develop a resource toolkit on childhood obesity for school nurses.
- There was a discussion about pursuing a grant from Robert Wood Johnson Foundation to improve the snack choices in the public school vending machines. Tom discussed Snackwise®, which is an online resource for individuals to do a nutritional assessment on snack foods. Developed by the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital in Columbus, Ohio, Snackwise® is an Online research-based snack rating system that calculates Nutrient Density in snack foods and rates them accordingly. Tom will research if we can invite a nutritionist from Snackwise® to come to Frederick to discuss program.

3- Guest speaker

- John B. Thomas, Principal Planner for the Frederick County Division of Planning spoke with us about what the County is doing to increase bicycle and pedestrian programs. He shared with us that there are plans to increase the number of bicycle and pedestrian areas in the county. He also showed us the map of the county of the more than 400 miles of existing or future spaces. He also shared that the county has partnered with FCPS and FCHD to apply for a Safe Routes to School Grant. The grant will include monies for education, enforcement and encouragement for kids to walk or bike to designated schools that are included in the grant. They should hear about the grant in September 2008. They will also work to make available a more detailed map of the county trails.

Next Meeting: September 25, 2008 from 9:00-10:30 am at the MD Coop Extension Office, 330 Montevue Lane, Frederick, MD.

Meetings will be bimonthly on the 4th Thursday of the Month